

## How do I request a Social Security Statement?

November 28, 2006

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Even though the SSA sends out statements automatically, you may request one at any time. You can send your request by [Internet](#) , download a [paper version](#) of the request form to mail in, or call our toll-free telephone number 1-800-772-1213 and ask to have a paper request form mailed to you. The forms are also available at our local Social Security offices.

Whether you make your request online or by mail, you will receive your Statement by mail. It takes about 2 to 4 weeks if you request the Statement electronically and about 4 to 6 weeks if you send your request by mail.